SHIPSHAPE NMCP 2012 Calendar

Description: 8-session weight management program with focus on nutrition, physical activity, and forming habits for a healthier life

Thursday Class, Time: 1400-1600

- JAN 19-MAR 8
- MAR 22-May 10
- MAY 24-JULY 8
- AUG 2-SEP 20
- NOV -DEC TBA

Tuesday Class, Time: 1400-1600

- JAN 17-MAR 6

Wellness Dept NMCP

Location: NMCP FITNESS CENTER, BLD 3, 1ST DECK

UNIFORM: PT GEAR

To register, call Hampton Roads Appt Center, 1-866-645-4584

For more information, contact Ms. A. Fitzpatrick, 757-953-0347